

# Get Heart Smart!

## Learn the ABCS to Blood Pressure Control

### Satellite Conference and Live Webcast

Monday, May 21, 2012, 2:00-4:00 p.m. (Central Time)  
3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

Stroke affects nearly 800,000 Americans each year. That means, on average, a stroke occurs every 40 seconds. High blood pressure is the number one risk factor for stroke, and it's a condition that can easily be controlled. Program faculty will discuss ways to do this, as well as provide information about the American Heart Association's Power to End Stroke and Million Hearts Campaigns.

### Program Objectives:

1. Provide information on the American Heart Association/American Stroke Association's Power to End Stroke Campaign.
2. Offer a hospital perspective on the prevention and treatment of stroke survivors.
3. Address the causal effects of hypertension on cardiovascular health issues including stroke.
4. Explain how the ABCS can be used as a behavior modification strategy to reduce and prevent stroke in patients with hypertension.

### Faculty:

**Sharon Ewer, RN, BSN, CNRN**  
Stroke Program Coordinator  
Baptist Health Systems

**Mary G. McIntyre, MD, MPH**  
Assistant State Health Officer  
Bureau of Disease Control and Prevention  
Alabama Department of Public Health

**Melanie Rightmyer, RN, MSN**  
Director  
Cardiovascular Health Branch  
Alabama Department of Public Health

**Monique Wilson, MPH**  
Regional Health Equity Manager  
American Heart Association

### Conference Details:

**Target Audience:** Nurses, social workers, health care providers, public health educators, anyone providing care for stroke patients

**Continuing Education:** Nurses 1.6 hours, Social Workers 1.5 hours

**Registration:** [www.adph.org/alphtn](http://www.adph.org/alphtn)

**Technical Information:** To receive complete technical information you must register at [www.adph.org/alphtn](http://www.adph.org/alphtn)

*Satellite* - Live satellite conference on C band (analog).

*Webcast* - Watch with RealPlayer or Windows Media Player.

Test your computer with the "test connection link" at [www.adph.org/alphtn](http://www.adph.org/alphtn)

*Audio* - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #

Press # again to listen to the conference.

*On Demand* - Available 2-3 business days after the live broadcast from the On Demand page of our website.

**Conference Materials:** Posted on our website approximately one week before the program for registered participants.

**Conference Details Questions:** Call: 334-206-5618 | Email: [alphtn@adph.state.al.us](mailto:alphtn@adph.state.al.us)

\*\*The Alabama Department of Public Health is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation\*\*



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